Positivity Scale

Please choose the best answer. Circle the answer that best describes how you feel about the sentences provided.

I have important goals for my life.

Always	Usually	Agree	Rarely	Never
agree	agree	half the time	agree	agree

I believe I can reach my goals.

Always	Usually	Agree	Rarely	Never
agree	agree	half the time	agree	agree

I believe I have what it takes to succeed in my life.

Always	Usually	Agree	Rarely	Never
agree	agree	half the time	agree	agree

I believe that the government will protect me.

Always	Usually	Agree	Rarely	Never
agree	agree	half the time	agree	agree

I believe that the laws will protect me.

Always	Usually	Agree	Rarely	Never
agree	agree	half the time	agree	agree

I believe that somebody will take care of me when I am old.

Always	Usually	Agree	Rarely	Never
agree	agree	half the time	agree	agree

America is a good place to live.

Always	Usually	Agree	Rarely	Never
agree	agree	half the time	agree	agree

I believe that my future will work out.

| Always agree | Usually agree | Agree half the time | Rarely agree | Never agree |

I believe that if you work hard enough, you can accomplish anything.

| Always agree | Usually agree | Agree half the time | Rarely agree | Never agree |

I believe that the world is getting better.

| Always agree | Usually agree | Agree half the time | Rarely agree | Never agree |

I have people in my life I can turn to for advice or help.

| Always agree | Usually agree | Agree half the time | Rarely agree | Never agree |

I believe that I will always have a home.

| Always agree | Usually agree | Agree half the time | Rarely agree | Never agree |

I believe that I will always have food to eat.

| Always agree | Usually agree | Agree half the time | Rarely agree | Never agree |

I believe that I will be safe from injury.

| Always agree | Usually agree | Agree half the time | Rarely agree | Never agree |

How likely do you think it is that you will find the opportunities you need to meet your life goals?

Certain to happen   Pretty likely   Don't know   Pretty unlikely   Certain not to happen